



Nutritional Periodisation Example for Weight Reducers



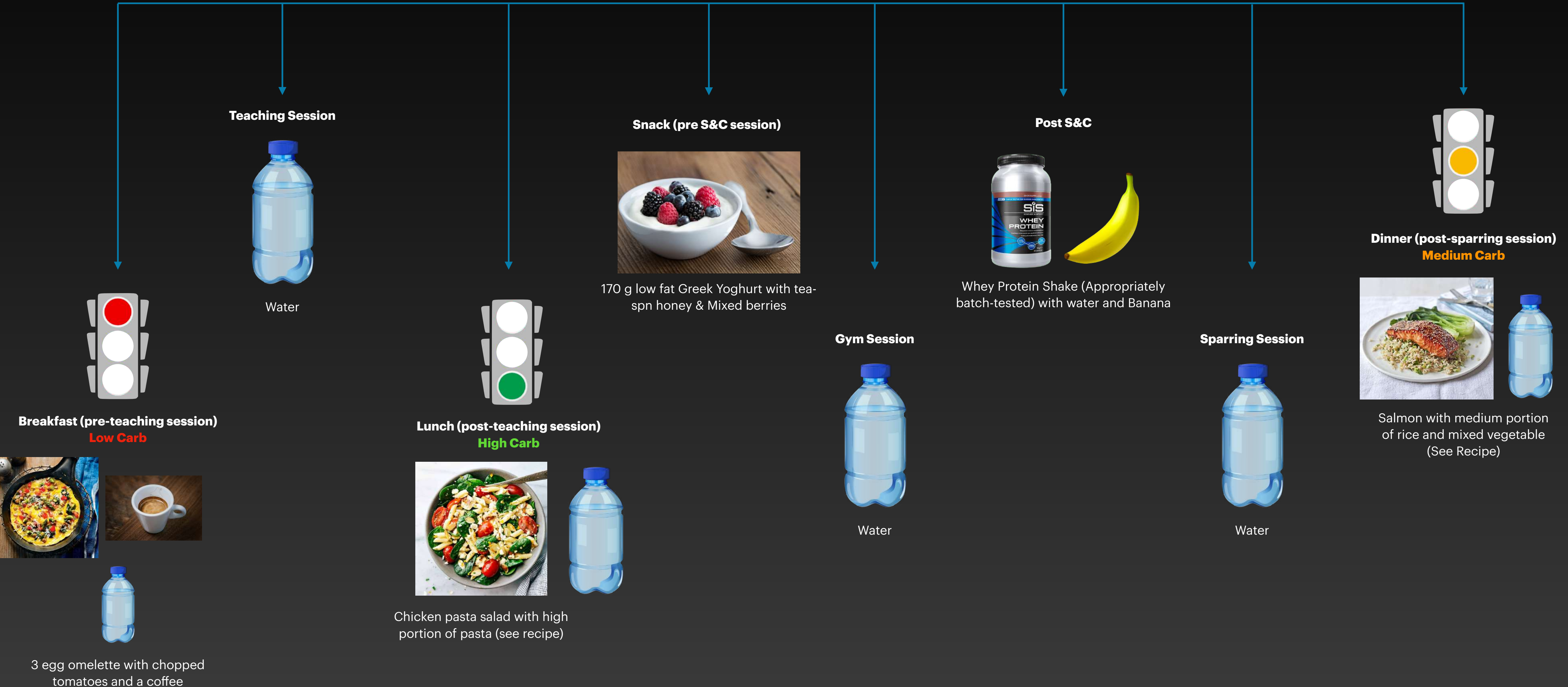
The following is an example of how to periodise your carbohydrate during the week for **Weight Reducers**:

	Breakfast (Pre Morning Session)	During The Morning session	Lunch (Post Session)	During Afternoon session	Evening session	Dinner (Post Session)
Monday AM: Teaching Afternoon: S&C PM: Sparring	Low carbohydrate required for this session as it is just a low-intensity session so just protein prior to this session is required	WATER ONLY	High carbohydrate required in lunch to help recovery from the morning session and prepare for this evening's conditioning and sparing session which is of higher intensity	During conditioning session water only to maintain hydration	WATER ONLY	Medium carbohydrate required in this meal to promote recovery from this evening's session whilst also helping to prepare for tomorrow morning's sparring session
Tuesday AM: Sparring PM: S&C	Medium carbohydrate required in this meal to prepare for the more intense sparring session	WATER ONLY	High carbohydrate required in lunch to recover from intense sparing session and prepare for this evening's S&C session	No session	WATER ONLY	Low carbohydrate required in this meal as tomorrow morning's session is just a low-intensity session so therefore this will increase fat oxidation and contribute to reductions in body mass loss
Wednesday AM: Teaching Afternoon: S&C PM: Sparring	Low carbohydrate required for this session as it is just a low-intensity session so just protein prior to this session is required	WATER ONLY	High carbohydrate required in lunch to prepare for this evenings conditioning and sparing session which is of higher intensity	During conditioning session water only to maintain hydration	WATER ONLY	Medium carbohydrate required in this meal to promote recovery from this evening's session whilst also helping to prepare for tomorrow morning's S&C session
Thursday AM: S&C PM: Sparring	Medium carbohydrate required in this meal to prepare for the S&C session	WATER ONLY	High carbohydrate required in lunch to prepare for this evenings intense sparring session	No session	WATER ONLY	No carbohydrate required in this meal as tomorrow morning's session is just a low-intensity session so therefore this will increase fat oxidation and contribute to reductions in body mass loss



Daily Example

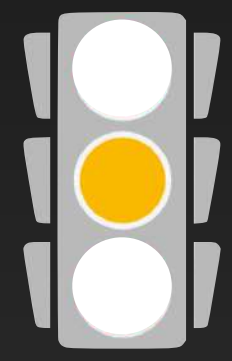
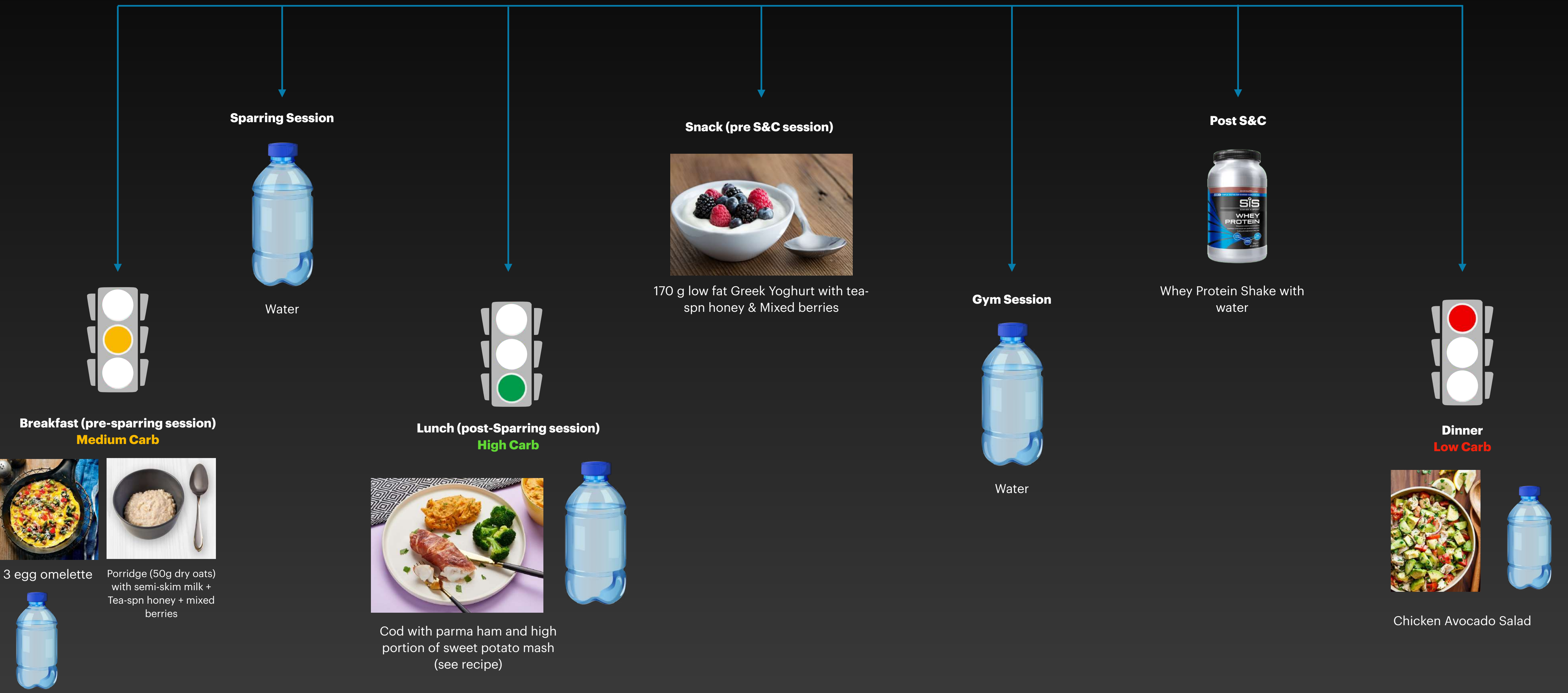
Monday
Morning: Teaching
Afternoon: Strength & Conditioning
Evening: Sparring



Daily Example



Tuesday
Morning: Sparring
Evening: S&C



Sparring Session



Water

Snack (pre S&C session)



170 g low fat Greek Yoghurt with tea-spn honey & Mixed berries

Gym Session

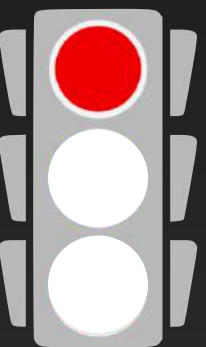


Water

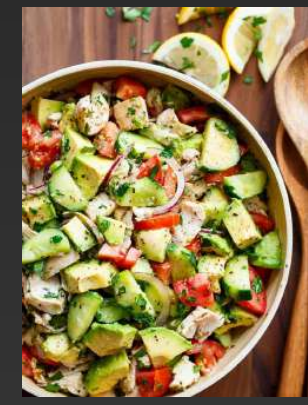
Post S&C



Whey Protein Shake with water



Dinner
Low Carb



Chicken Avocado Salad



3 egg omelette
Porridge (50g dry oats) with semi-skim milk + Tea-spn honey + mixed berries

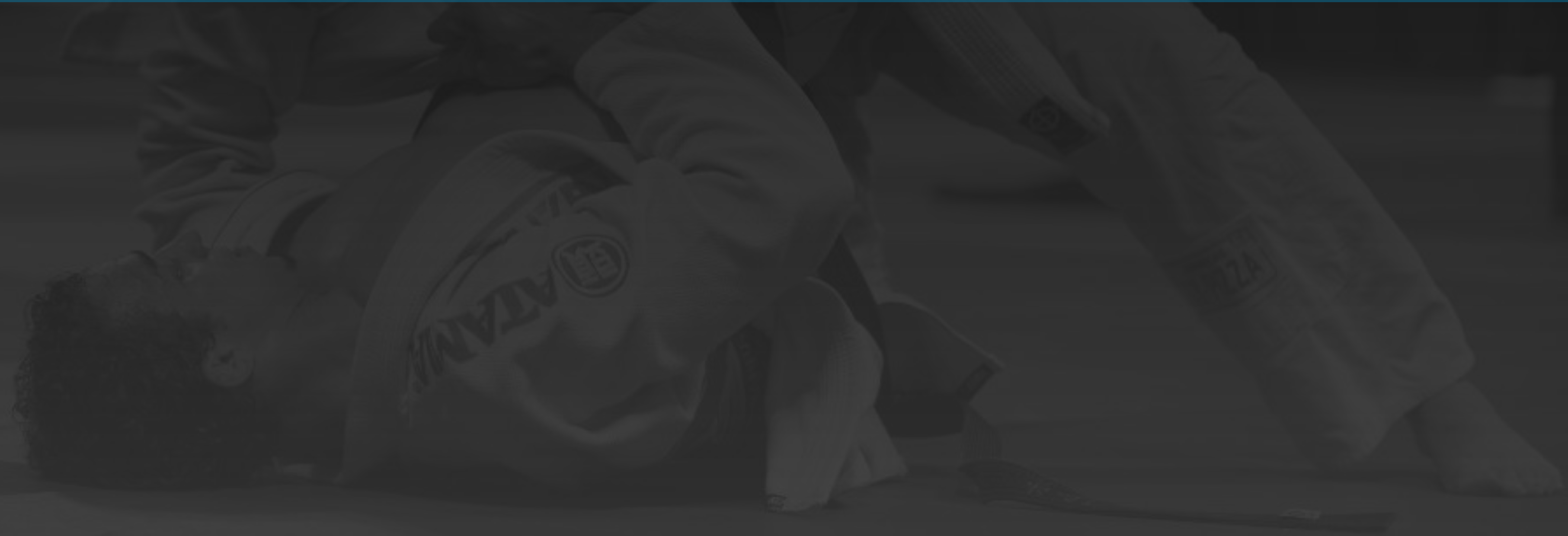


Cod with parma ham and high portion of sweet potato mash (see recipe)





Nutritional Periodisation Example for Weight Maintainers



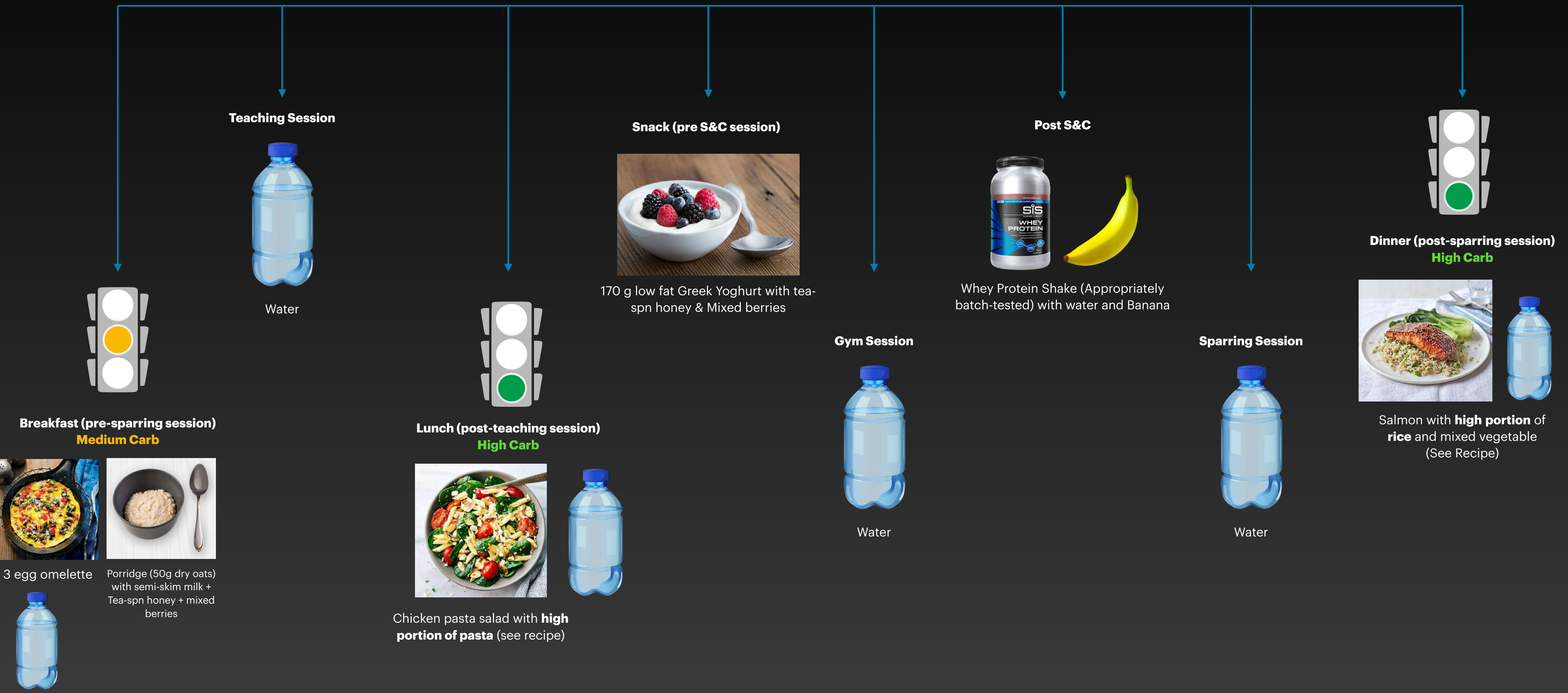


The following is an example of how to periodise your carbohydrate during the week for **Weight Maintainers**:

	Breakfast (Pre Morning Session)	During The Morning session	Lunch (Post Session)	During Afternoon session	Evening session	Dinner (Post Session)
Monday AM: Teaching Afternoon: S&C PM: Sparring	Medium carbohydrate required in this meal to prepare for the less intense teaching session	WATER ONLY	High carbohydrate required in lunch to help recovery from the morning session and prepare for this evening's conditioning and sparing session which is of higher intensity	During conditioning session water only to maintain hydration	WATER ONLY	High carbohydrate required in this meal to promote recovery from this evening's session whilst also helping to prepare for tomorrow morning's sparring session
Tuesday AM: Sparring PM: S&C	High carbohydrate required in this meal to prepare for this morning's sparring session	WATER ONLY	High carbohydrate required in lunch to recover from intense sparing session and prepare for this evening's S&C session	No session	WATER ONLY	No carbohydrate required in this meal as tomorrow morning's session is just a low-intensity session so therefore this will increase fat oxidation and contribute to unwanted gains in body mass
Wednesday AM: Teaching Afternoon: S&C PM: Sparring	Medium carbohydrate required in this meal to prepare for the less intense teaching session	WATER ONLY	High carbohydrate required in lunch to help recovery from the morning session and prepare for this evening's conditioning and sparing session which is of higher intensity	During conditioning session water only to maintain hydration	WATER ONLY	Medium carbohydrate required in this meal to promote recovery from this evening's session whilst also helping to prepare for tomorrow morning's S&C session
Thursday AM: S&C PM: Sparring	Medium carbohydrate required in this meal to prepare for the S&C session	WATER ONLY	High carbohydrate required in lunch to prepare for this evenings intense sparring session	No session	WATER ONLY	No carbohydrate required in this meal as tomorrow morning's session is just a low-intensity session so therefore this will increase fat oxidation and contribute to unwanted gains in body mass

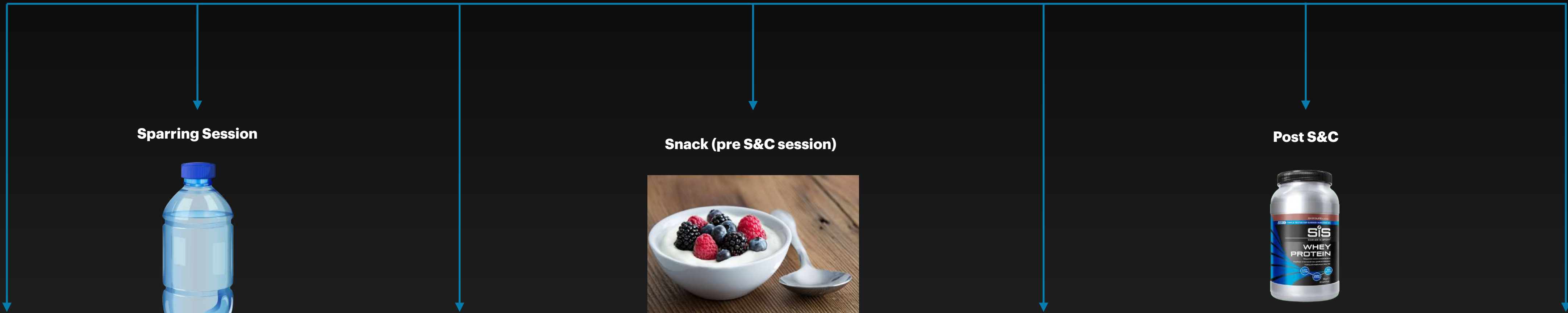
Daily Example

Monday
Morning: Teaching
Afternoon: Strength & Conditioning
Evening: Sparring



Daily Example

Tuesday
Morning: Sparring
Evening: S&C



Sparring Session



Water

Snack (pre S&C session)



170 g low fat Greek Yoghurt with tea-spn honey & Mixed berries

Post S&C

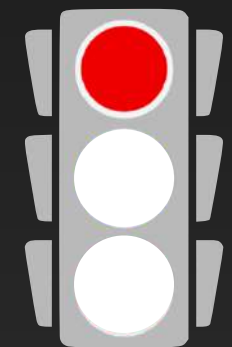


Whey Protein Shake with water

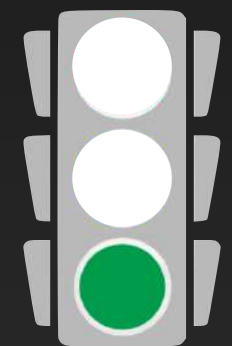
Gym Session



Water



Dinner
Low Carb



Breakfast (pre-sparring session)
High Carb



3 egg omelette
 Porridge (50g dry oats) with semi-skim milk + Tea-spn honey + mixed berries



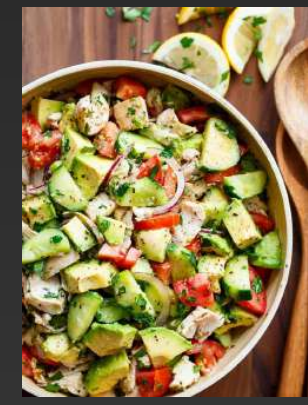
Bagel with light spread of Jam



Lunch (post-Sparring session)
High Carb



Cod with parma ham and **high portion** of sweet potato mash (see recipe)



Chicken Avocado Salad (see recipe)





Nutritional Periodisation Example for Weight Gainers

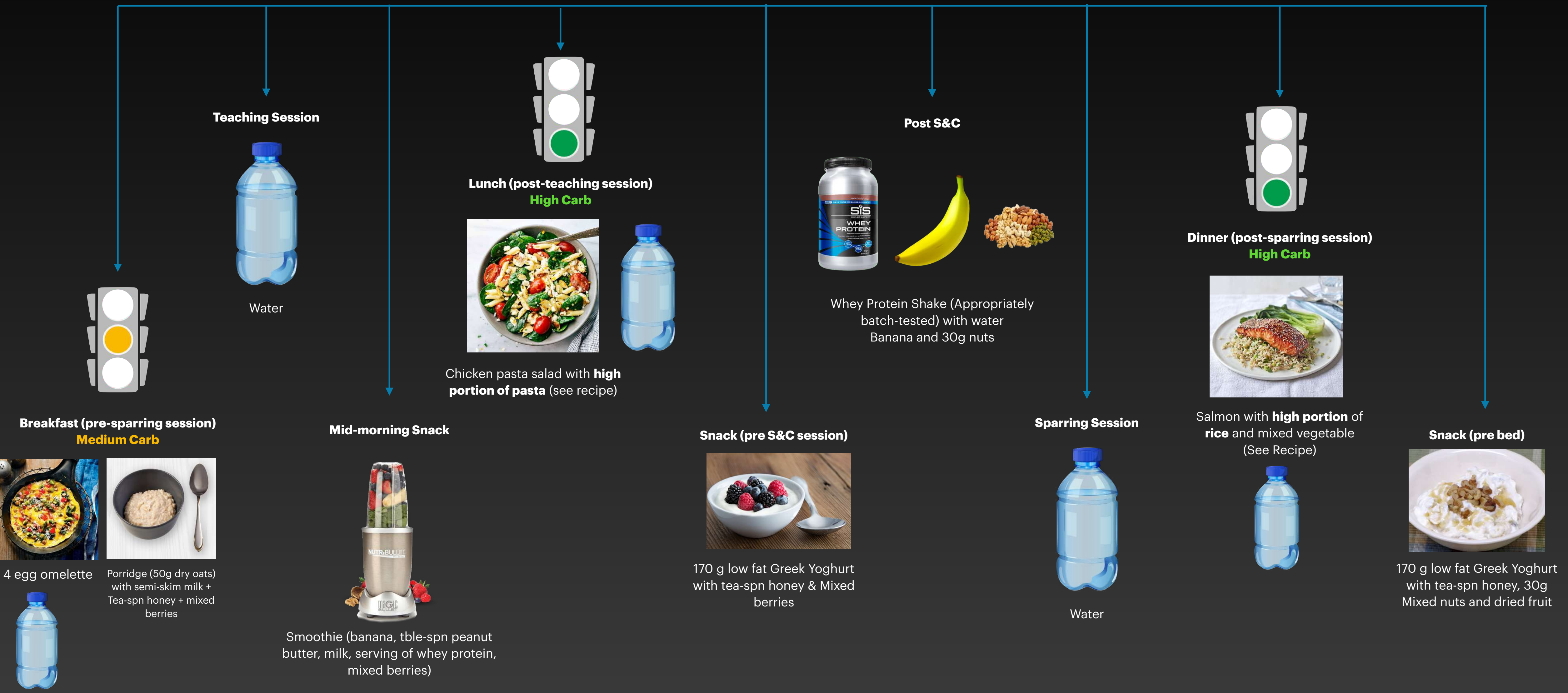


The following is an example of how to periodise your carbohydrate during the week for **Weight Gainers**:

	Breakfast (Pre Morning Session)	During The Morning session	Lunch (Post Session)	During Afternoon session	Evening session	Dinner (Post Session)
Monday AM: Teaching Afternoon: S&C PM: Sparring	Medium carbohydrate required in this meal to prepare for the less intense teaching session	WATER ONLY	High carbohydrate required in lunch to help recovery from the morning session and prepare for this evening's conditioning and sparing session which is of higher intensity	During conditioning session water only to maintain hydration	WATER ONLY	High carbohydrate required in this meal to promote recovery from this evening's session whilst also helping to prepare for tomorrow morning's sparring session
Tuesday AM: Sparring PM: S&C	High carbohydrate required in this meal to prepare for this morning's sparring session	WATER ONLY	High carbohydrate required in lunch to recover from intense sparing session and prepare for this evening's S&C session	No session	WATER ONLY	Medium carbohydrate required in this meal to promote recovery from this evening's session and promoting positive energy balance
Wednesday AM: Teaching Afternoon: S&C PM: Sparring	Medium carbohydrate required in this meal to prepare for the less intense teaching session	WATER ONLY	High carbohydrate required in lunch to help recovery from the morning session and prepare for this evening's conditioning and sparing session which is of higher intensity	During conditioning session water only to maintain hydration	WATER ONLY	Medium carbohydrate required in this meal to promote recovery from this evening's session whilst also helping to prepare for tomorrow morning's S&C session
Thursday AM: S&C PM: Sparring	Medium carbohydrate required in this meal to prepare for the S&C session	WATER ONLY	High carbohydrate required in lunch to prepare for this evenings intense sparring session	No session	WATER ONLY	Medium carbohydrate required in this meal to promote recovery from this evening's session and promoting positive energy balance

Daily Example

Monday
Morning: Teaching
Afternoon: Strength & Conditioning
Evening: Sparring



Daily Example



Tuesday
Morning: Sparring
Evening: S&C

